

# GROUP FITNESS SCHEDULE

	6:15 A.M.	7:15 A.M.	8:15 A.M.	9:15 A.M.	10:15 A.M.	11:15 A.M.	12:15 P.M.	1:15 P.M.	2:15 P.M.	3:15 P.M.	4:15 P.M.	5:15 P.M.	6:15 P.M.	7:15 P.M.
<b>MON.</b>	106	BODYPUMP Virtual	BODYCOMBAT Virtual	BODYBALANCE Virtual	GRIT Cardio* Virtual	CORE* Virtual	GRIT Cardio* Virtual	BODYBALANCE Virtual	BODYPUMP Virtual	BODYCOMBAT Virtual	SH'BAM Virtual		<i>Strength &amp; Toning Cassie</i>	
	24											<i>Yoga Jackson</i>	<i>Pilates Jackson</i>	<i>Barre Reilly</i>
	22													<i>Spinning Aliya</i>
<b>TUES.</b>	106	BODYBALANCE Virtual	BODYPUMP Virtual	BODYBALANCE Strength* Virtual	GRIT Strength* Virtual	BODYBALANCE Virtual	GRIT Cardio* Virtual	<b>BODYPUMP Nagely</b>	<i>Yoga Nagely</i>	BODYBALANCE Virtual	CORE* Virtual	SH'BAM Virtual	<i>Kickboxing Ben</i>	
	24									<i>Barre Daisy</i>			<i>Yoga Jackson</i>	<i>Pilates Jackson</i>
	22										<i>Spinning Daisy</i>		<i>Spinning Zola</i>	<i>Core &amp; Restore Zola</i>
<b>WED.</b>	106	BODYPUMP Virtual	BODYCOMBAT Virtual	BODYBALANCE Virtual	GRIT Athletic* Virtual	CORE* Virtual	GRIT Cardio* Virtual	BODYBALANCE Virtual	SH'BAM Virtual	BODYPUMP Virtual	BODYCOMBAT Virtual	SH'BAM Virtual	<b>BODYPUMP Nagely</b>	<i>Kickboxing Ben</i>
	24										<i>Barre Daisy</i>		<i>Yoga Nagely</i>	<i>Barre Aliya</i>
	22										<i>Spinning Daisy</i>			<i>Spinning Reilly</i>
<b>THURS.</b>	106	BODYCOMBAT Virtual	BODYBALANCE Virtual	BODYPUMP Virtual	GRIT Cardio* Virtual	SH'BAM Virtual	GRIT Strength* Virtual	<b>BODYPUMP Nagely</b>	<i>Yoga Nagely</i>	BODYBALANCE Strength* Virtual	SH'BAM Virtual	<i>Pilates Richard</i>	BODYCOMBAT Virtual	
	24										<i>Barre Daisy</i>			<i>Yoga Zola</i>
	22			<i>Spinning Aliya</i>							<i>Spinning Daisy</i>		<i>Spinning Zola</i>	
<b>FRI.</b>	106	BODYPUMP Virtual	BODYBALANCE Virtual	BODYCOMBAT Virtual	GRIT Strength* Virtual	CORE* Virtual	SH'BAM Virtual	BODYPUMP Virtual	CORE* Virtual	BODYBALANCE Virtual	BODYPUMP Virtual	<i>Strength &amp; Toning Cassie</i>	<i>Kickboxing Ben</i>	<i>Kickboxing Ben</i>
	24											<i>Barre Sophia</i>		
	22									<i>Spinning Sophia</i>				
<b>SAT.</b>	106				GRIT Athletic* Virtual	SH'BAM Virtual	BODYBALANCE Virtual	BODYBALANCE Strength* Virtual	CORE* Virtual	SH'BAM Virtual				
<b>SUN.</b>	106				CORE* Virtual	BODYBALANCE Virtual	<i>Yoga Zola</i>	BODYPUMP Virtual						

**Spinning and Pilates classes require advanced registration** online at [recreation.binghamton.edu](https://recreation.binghamton.edu) or through Campus Recreation's free app. Search "Binghamton Campus Recreation" in the App or Play Store to download.

\*30 minutes

# CLASS DESCRIPTIONS

## CARDIO/STRENGTH COMBINATION

**Kickboxing** combines martial arts techniques with fast-paced cardio for a total body workout, no equipment necessary.

**Spinning®** is a rhythmic, music-based indoor cycling class that focuses on endurance, strength and intervals of varying intensity for a high energy workout. *You must reserve your spot in class at [recreation.binghamton.edu](mailto:recreation.binghamton.edu).*

## STRENGTH TRAINING

**Core & Restore** is a 30-minute class designed to help your body function and recover better. It's the perfect complement to your weekly workout routine.

**Barre** fuses elements from Pilates, ballet and yoga for transformed hips, thighs, back and core.

**BODYPUMP** is a music-based barbell class that works all your major muscle groups using light to moderate weights with lots of repetition.

**Pilates** is a strengthening and lengthening form of mind-body exercise that emphasizes control, core strength and flexibility. *You must reserve your spot in class at [recreation.binghamton.edu](mailto:recreation.binghamton.edu).*

**Strength & Toning** is a full-body workout that engages every major muscle group through a blend of bodyweight exercises and equipment like resistance bands, free weights, and BOSU.

## YOGA

**Yoga** is a practice where smooth transitions between poses create a flow sequence. The class focus is on synchronizing your breath with movement to find calm and balance.

## VIRTUAL FITNESS (ROOM 106 WITH VIRTUAL INSTRUCTOR)

**BODYCOMBAT** is a martial arts-inspired workout that incorporates Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**BODYBALANCE** is a Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

**BODYBALANCE STRENGTH** is a Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

**CORE** is a 30-minute core workout that uses resistance tubes, weight plates and body weight exercises.

**GRIT** is a 30-minute high-intensity interval training (H.I.T.T.) workout that focuses on building strength (STRENGTH), improving cardiovascular fitness (CARDIO) or increasing agility and athletic performance (ATHLETIC).

**SH'BAM** is a fun-loving and addicting dance workout. No experience necessary!